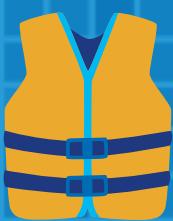


# Ngā pūkenga wai mō te noho ora

E WHITU NGĀ ĀHEITANGA

Ngā haumarutanga me  
ngā mōhiotanga o te wai



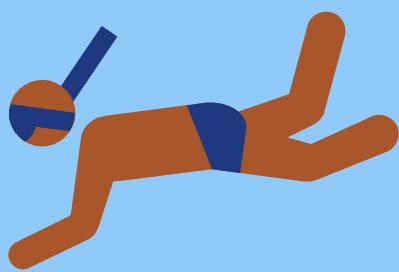
Te haumarutanga  
o te kotahi me  
ētahi atu



Te ahunga



Te whakatotohu



Te kuhunga  
me te  
putanga atu o  
te wai

Te panganga



Te puahautanga matawhaiaro

# Ngā pūkenga wai mō te noho ora

## HE KŌWHIRINGA TAPUTAPU



Kahu  
kautere



Mōhiti



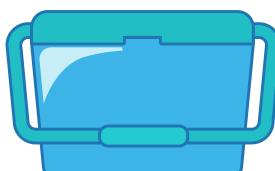
Kākahu kaukau



Ngā  
hikuwae



Pākete



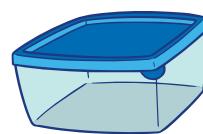
Tokanga  
mātao



Ngā taonga  
tākaro hōpua



Ngā ipu



Papawhana



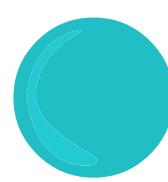
Kapu  
kirihiu



Taura



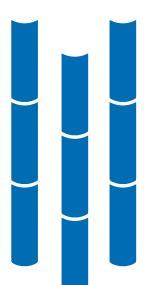
Tātari



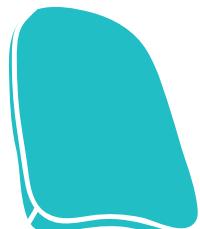
Ngā  
paoro



Rākau  
tahitahi



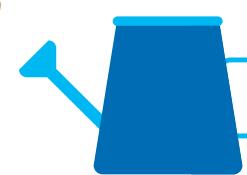
Rākau  
kūkuta



Papa eke  
ngaru



Taura  
maka



Kēne  
kōrere wai

Poti  
whakamakoha



Whāriki pāhuka



Noke hōpua



Ipu miraka tepe

# Ngā pūkenga wai mō te noho ora



## Ngā pūtea tautoko a Aktive

E tautokohia ana e Aktive e 8 – 10 ngā akoranga utukore o Pūkenga Wai mō te Noho Ora ki ngā kura auraki/kura i te waengahuru 1 – 6, ngā tau 3 – 6 hoki. Ka whakapaua ngā pūtea tautoko ki te hunga ka tono tuatahi mai.



## Mā te Māori mō te Māori

Mō ngā kaiako ki te Kura Māori, ki te Kura auraki rānei.

Mā tō Kaiwhakahaere ā-rohe o He Oranga Poutama koutou e tautoko ki te kawenga o Ngā Pūkenga Wai mō te Noho Ora mā te huarahi e tika ana ki te Māori – Mā te Māori, mō te Māori.

**HE ORANGA  
POUTAMA**  
ki Tāmaki Makaurau

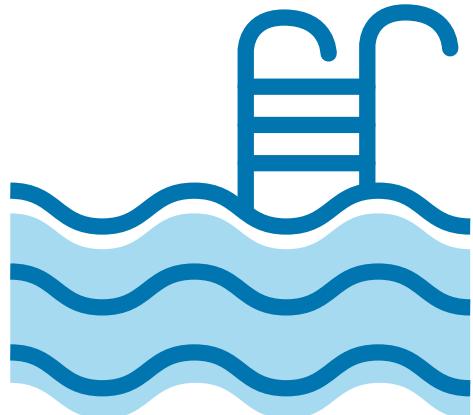
Mēnā rānei e whiwhi pūtea tautoko ana ki ngā akoranga ngaio mō ngā tamariki tau 3 – 6. E wātea tonu ana ngā kaiako ki ngā akoranga whakawhanake pūkenga mō ngā tamariki tau 0 – 2 me te tau 7 – 8.



# Ngā pūkenga wai mō te noho ora

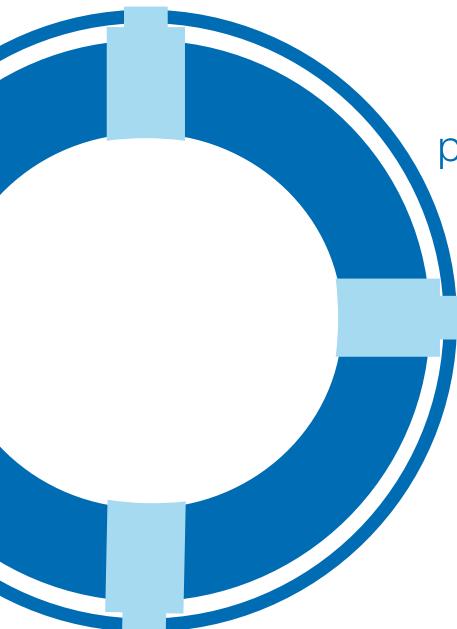
## Mā te kaiako

He mea utukore ngā akoranga whakawhanake pūkenga mō ngā kaiako i te wāhi mahi, i tō kura, i tō kura auraki rānei. Ka whakaratoa ngā kaiako ki ngā mātauranga me ngā pūkenga e whakahihiritia ai rātou ki te whakahaere i Ngā Pūkenga Wai mō te Noho Ora i tō rātou ake hōpua o te kura.



## Ngā pūtea tautoko a Your Field of Dreams (FYFOD)

Ko ngā kura me ngā kura auraki e noho ana i roto i ngā rohenga tawhito o Manukau ka wātea tonu ki ngā pūtea tautoko mō ngā tamariki tau 3 – 6. Kei te whakahaerehia ēnei pūtea e John Walker Find Your Field of Dreams Foundation kia whai wāhi i te kaupapa Kaukau Haporī (Community Swim).



## Utu-motuhake

E wātea ana tō kura auraki/kura ki te tono mō ngā akoranga ngaio o Ngā Pūkenga Wai mō te Noho Ora. .

## Nō hea te pūtea tautoko?

	Utu-motuhake	AKTIVE	Mā te kaiako	FYFOD	HE ORANGA POUTAMA <small>ki Tamaki Makaurau</small>
Waengahuru 1 - 6	Tau 0 - 2	✓		✓	✓
	Tau 3 - 6	✓	✓	✓	✓
	Tau 7 - 8	✓	✓		✓
Waengahuru 7 - 10	Tau 0 - 2	✓	✓		
	Tau 3 - 6	✓	✓	✓	✓
	Tau 7 - 8	✓	✓		

[Find out more information here](#)